

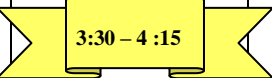
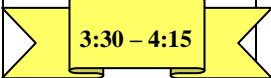




DELTA-WAVERLY AQUATICS POOL SCHEDULE

Effective May 18, 2010 – May 31, 2010

The Pool Cancellation Phone Number is 484-9322

This schedule can be found at www.deltami.gov/parks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics
10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis plus Aquacise
11:00-11:45 am Arthritis Aquacise	11:00-11:45 	11:00-11:45 am Arthritis Aquacise	11:00-11:45 	11:00-11:45 am Arthritis Aquacise	The Pool is available for rentals, Please call 484-5600 for details
12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	
 3:30 – 4 :15 Walk/Run Splash Aerobics		 3:30 – 4:15 Walk/Run Splash Aerobics		3:00-4:00 pm Adult Open Swim	
4:15-5:00 pm  Lap Swim	Private Lessons 4:00-4:30 4:30-7:00 pm Swim Lessons New Classes Start 6/8/2010 Please call to register 517-484-5600	4:15-5:00 pm  Lap Swim	Private Lessons 4:00-4:30 4:30-7:00 pm Swim Lessons New Classes Start 6/10/2010 Please call to register 517-484-5600	4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics		5:00-5:45 pm Deep Water Aerobics			
6:00-6:45 pm Splash Aerobics		6:00-6:45 pm Splash Aerobics			
6:45-7:30 pm Arthritis Plus Aquacise		6:45-7:30 pm Arthritis Plus Aquacise			
7:30-8:30 pm Lap Swim	7:00-8:30 pm Family Swim	7:30-8:30 pm Lap Swim	7:00-8:30 pm Family Swim		

Classes and programs subject to change without advanced notice.

DELTA-WAVERLY POOL

Activities Office Phone: 517.484.5600

Pool Information & Cancellation Phone: 484-9322

PLEASE NOTE: Please call the pool cancellation number listed above for updates or listen to local TV or radio broadcasts for information about Waverly School closings. In the event of severe weather and the Waverly School District is closed, all Delta-Waverly Activities Aquatics programs will be cancelled.

Pool Rental: Great for parties, reunions, team celebrations and more. Call the pool office at 484-5600 for details.

Class Descriptions:

Splash

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

Arthritis Aquacise

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

Arthritis Plus Aquacise

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

Walk/Run Splash Aerobics

Fun and dynamic, this class is designed to boost cardiovascular endurance through sustained bursts of aerobic activity, followed by short periods of recovery. A relaxation session ends each class.

Deep Water Aerobics

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that *one half hour* of water walking is equivalent to walking 2 hours on land?

BUFF FIT !

Get fit in this high energy aerobics class that provides plenty of noodle work for resistance while, you build strength and endurance.

Adult Open Swim

This is an opportunity for adults to use the pool without an instructor or having to swim laps. Use your lap swim/ family swim card, water aerobics card, or pay a \$3 drop in fee per person. Ages 18+

Swim Lesson Information

Adult and Youth swim lessons are offered at the warm water pool at Waverly East. Private and semi-private lessons are also available. Please call the Delta-Waverly Activities Office for more information about costs and session dates, or to register your child for swim lessons.

David Hill – Aquatic's Coordinator

Please make checks payable to: Delta Township

For each activity you may purchase a punch card, good for 10 visits.

Activity	Age	Fee
Adult Water Exercise*	54 and under	\$45.00
	55 and over	\$40.00
Correct change only	Drop in	\$ 6.00
Adult Open Swim	18 and over	\$ 3.00
Lap Swim	All	\$25.00
Correct change only	Drop in	\$ 3.00
Family Swim**	All	\$25.00
Correct change only	Drop in	\$ 3.00

*Adult Water Exercise – you do not need to be a swimmer to participate. Your first visit to one water exercise class (of your choice) is complimentary.

All water aerobic classes are taught for 45 minutes!

Family Swim – an adult aged 18 or above must remain in attendance, with no more than 5 youth swimmers under their supervision. **Please, no opposite sex children over the age of 5 in the locker rooms.

Punch cards may be purchased at the **NEW** Delta-Waverly Activities office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Michigan. Office hours are 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Visa, Discover and MasterCard are accepted.

~ Purchase punch cards on the pool deck with **check or money order only** ~

Swim schedules are available on Delta Township's website www.deltami.gov/parks and at the Delta-Waverly Activities office.

The Pool will be closed on the following days:

**Saturday May 29
Monday May 31**